HW 8

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Evaluating oneself is, in my opinion, an incredibly difficult task to do. For one, as you can not see yourself directly, you will not take notice of any nervous gestures you may be making subconsciously. Secondly, there will inadvertently be some degree of cognitive bias towards oneself in a self-evaluation.

With that being said, however, if I were asked to evaluate my last speech as I fairly as I can, I would answer the following:

What I think I did well:

* I felt more composed compared to the last speeches I gave.
* I could organize my thoughts and points better mentally.
* Despite having written down a few points on a piece of paper, I did not find the need to refer to it.
* Time management was better as I finished within the allocated time.

What was the experience like:

* Definitely felt more comfortable giving out my speech this time
* Felt more personal as my classmates are now better acquittances to me.
* Quite nervous initially as I was worried I wouldn’t have enough things to talk about related to my topic.

What do I think I still need to work on:

* More confidence: Being able to completely overcome my anxiety and public speaking apprehension would enable to be perfectly confident which in turn would improve my speech.
* More enthusiasm: I personally listen more attentively to speakers who show a great deal of enthusiasm in what they’re talking about so if I could do the same it may help improve my speech.
* Less pauses: In a 2min speech even a 5 second pause amounts to about 4% of the entire duration so less pauses are desirable.
* Maintain eye contact with everyone: This was a criticism pointed out to me by two of my peers who felt that isolated a few people while maintaining eye contact.

How would I prepare and present differently if I had to do it again:

* Structure out my points better.
* Extend the speech to be slightly longer in duration.